

Lifetime Sports Academy 2018

June 4 - July 20
McMillen Park
Ages 7-18



TENNIS



SWIMMING



GOLF



FORT WAYNE
PARKS AND
RECREATION

fortwayneparks.org

What is the Lifetime Sports Academy?

The Lifetime Sports Academy is a FREE 7-week program designed to teach basic skills in golf, tennis and swimming to boys and girls ages 7-18 through group lessons and supervised practice sessions. In addition to group lessons in these three sports, a pavilion program provides arts, crafts, organized games, tournaments and other activities throughout the day for children not participating in lessons or waiting between lessons. Children are free to come and go as they please and may attend the Academy every day or attend only certain group lessons or scheduled activities. Free lunches are provided daily through Fort Wayne Community Schools summer lunch program.

Who provides supervision and instruction?

The Academy is supervised by Wayne High School teacher and track coach, Tom Hogan. A Safety Coordinator works with Mr. Hogan to monitor safety within the Lifetime Sports Academy area. All group lessons are taught by certified coaches and highly trained professionals and volunteers.

Is the Lifetime Sports Academy really free?

The Lifetime Sports Academy is funded by the Fort Wayne Parks and Recreation Department and the Lifetime Sports Academy Committee and is offered to area youth FREE of charge.

How do I sign up?

All children must be registered before participating in the Academy. You may sign up on-line at www.fortwayneparks.org or on-site at the McMillen Park Pavilion weekdays from 9 a.m.-3 p.m. when the Academy is in session beginning June 4. Children may register and begin attending the Academy any time throughout the 7-week program.

Who should I call if I have questions?

For more information about the Lifetime Sports Academy, you may call the Parks and Recreation Department at 427-6000 or, beginning June 4, you may call the Academy headquarters in McMillen Park at 427-6760.

General Information

- ◆ Hours: 9 am-3 pm; Children must be picked up by 3 pm
- ◆ Participants must complete a registration on their first visit. The signature of a parent or legal guardian is required.
- ◆ Participants must sign-in at the pavilion every day and get a hand stamped before going to lessons
- ◆ *Athletic shoes must be worn for tennis and golf.*
- ◆ Group lessons and other Lifetime Sports Academy activities are for children ages 7-18. A child may begin participating on the day he/she turns 7. Children may participate in the pavilion program at age 6.
- ◆ Academy staff will not hold or dispense medication.
- ◆ The Lifetime Sports Academy office is located inside the golf course pro shop. The telephone number is 427-6760.
- ◆ A special Fun Day is planned for the final day of the program, July 20. Details will be released this summer.



Tom Jehl LSA Scholarship at the University of Saint Francis

This scholarship is awarded to new students entering the University of Saint Francis that have participated in the Lifetime Sports Academy and have actively volunteered in the community. Applicants must have a minimum cumulative GPA of 2.7 and enroll as a full time undergraduate student. Recipients can receive this scholarship for a total of eight semesters provided that they maintain full-time enrollment and earn at least a 2.5 cumulative GPA. All applicants are required to complete the Application for Federal Student Aid (FAFSA).

Two half-tuition scholarships will be awarded each year to highly qualified applicants that demonstrate a minimum of three years of participation in the Academy. Other applicants will be considered for scholarships ranging from \$1,000 to \$3,000 and are awarded based on the number of years that a student has participated in the Academy and his/her level of volunteerism. The amount of the scholarship cannot exceed tuition and fees after Federal, State and Institutional Aid.

To apply:

- ◆ Complete the scholarship application by April 15, 2018 and return to:

Office of Enrollment Services
2701 Spring St.
Fort Wayne, IN 46808

- ◆ Apply for admission to the University of Saint Francis (apply on-line at www.sf.edu/admissions)
- ◆ File a Free Application for Federal Student Aid (FAFSA) by March 4

Pavilion Program

Monday-Friday, 9 am-3 pm

The McMillen Park Pavilion will be staffed from 9 a.m.-3 p.m. each day for children not participating in group lessons or waiting between lessons. The program is a balance of unstructured supervised play and organized activities. Children may participate in the Pavilion Program at age 6. The playground area in McMillen Park is not supervised by the Lifetime Sports Academy.



Golf

The golf lesson program is directed by Rick Hemsoth, PGA Professional and Manager of Golf Operations for the Parks and Recreation Department. Rick has been actively involved with junior golf in the Fort Wayne area since 1980. He is the co-director of the Fort Wayne Junior and Pee Wee Golf Tours. Academy golf instructors are PGA apprentices, experienced coaches and teachers. All necessary equipment will be provided for the group lessons. *Participants become eligible to receive free golf equipment after passing a golf skills test and a golf rules test.* Parents are asked to remain in the designated spectator area during lessons and open range.

Courses Offered

Irons, Woods, Chipping, Putting, Pitching & Sand Play, Rules & Etiquette

Group Lesson Schedule

Day	Time	Age	Lesson
Week 1 (June 4, 5)			
Mon.	(See schedule on back.)		
Tues.	10 a.m.	7-18	Irons & Woods
Tues.	11 a.m.	7-18	Putting
Tues.	1 p.m.	7-18	Pitching
Tues.	2 p.m.	7-18	Chipping
Tues.	2 p.m.	7-18	Par/Birdie: Adv Lessons
Week 2 (June 11, 12); Week 4 (June 25, 26); Week 6 (July 9, 10)			
Mon.	10 a.m.	7-18	Irons & Woods
Mon.	11 a.m.	7-18	Pitching
Mon.	1 p.m.	7-18	Chipping
Mon.	2 p.m.	7-18	Putting
Mon.	2 p.m.	7-18	Par/Birdie: Adv Lessons
Tues.	10 a.m.	7-18	Chipping
Tues.	11 a.m.	7-18	Putting
Tues.	1 p.m.	7-18	Pitching
Tues.	2 p.m.	7-18	Irons & Woods
Tues.	2 p.m.	7-18	Par/Birdie: Adv Lessons
Week 3 (June 18, 19); Week 5 (July 2, 3); Week 7 (July 16, 17)			
Mon.	10 a.m.	7-18	Pitching
Mon.	11 a.m.	7-18	Putting
Mon.	1 p.m.	7-18	Irons & Woods
Mon.	2 p.m.	7-18	Chipping
Mon.	2 p.m.	7-18	Par/Birdie: Adv Lessons
Tues.	10 a.m.	7-18	Woods & Irons
Tues.	11 a.m.	7-18	Chipping
Tues.	1 p.m.	7-18	Pitching
Tues.	2 p.m.	7-18	Putting
Tues.	2 p.m.	7-18	Par/Birdie: Adv Lessons

Golf Practice/Open Range Sessions

Supervised open range practice sessions with instruction are scheduled weekly. (See the schedule on back of brochure.)

Testing

Skills testing will be conducted during Wednesday, Thursday and Friday open range sessions, beginning Week #2. Golfers will be tested only after they have attended each of the lessons offered and a staff person determines they are ready. Players failing to pass a test may be asked to repeat a lesson. Players who pass all skills tests will receive a set of golf clubs.

Golf Learning Center

Those who have earned clubs through the Lifetime Sports Academy may play the Mad Anthony III's golf course free of charge. See the Director of Golf for your Player's Pass.

Par Club

Players who have advanced their skills and passed a written rules and etiquette test may participate in the Par Club which includes a certificate, special lessons, supervised playing opportunities and league play. Par Club members must attend at least two lessons per week. 2017 Par Club members must re-apply to receive their 2018 Players' Pass.

Birdie Club

Players who exhibit advanced scoring skills on the Mad Anthony III's Course will enter the Birdie Club and have the opportunity to play on the McMillen Golf Course. Members will be recognized with a certificate and must attend at least two lessons per week. 2017 Birdie Club members must re-test to earn their 2018 Players' Pass.

Eagle Club

Eagle Club membership includes a certificate and a free membership at Foster Park Golf Course in addition to all current privileges. Birdie Club members who are at least 14 years of age are eligible once they pass a scoring test at McMillen Golf Course and a written test. Eagle Club members are required to volunteer one day per week at the Lifetime Sports Academy to maintain their playing privileges.



Please see the golf instructors about the First Tee Program.

Tennis

Course Descriptions

Open Tennis Sessions

Supervised Open Tennis Sessions have been scheduled for children who wish to practice their tennis skills.

Beginner Tennis Lessons

Beginner Lessons are designed for the player with little or no previous tennis instruction. Lessons will cover ground strokes, serving, net play, strategy and sportsmanship. The teaching staff will determine when a player is ready to move to the next level. Evaluations will be conducted throughout the Academy.

Advanced Tennis Lessons

The teaching staff will determine when a child is ready for the advanced class based on above average skills, good sportsmanship and a desire to play competitive tennis. The child must be able to play a complete match without supervision.

Tournament Play

Tournament play will be held on Fridays to challenge players in a competitive environment.

Intermediate/Advanced Tennis League Play

League play sessions are offered once a week to give intermediate and advance students the opportunity to compete against opponents of equal ability and skill.

Skills Covered

- ◆ Forehand Ground Stroke
- ◆ Backhand Ground Stroke
- ◆ Volleys
- ◆ Serves

Ace Club

Tennis participants who have previously earned a racket in 2017 are eligible for the Ace Club. Members must pass an on-court basic tennis skills test that consists of forehand, backhand, volley and scoring. Members will receive a certificate and an upgrade in equipment.

Tennis lessons are taught by a team of highly qualified tennis instructors. Tennis rackets and balls will be provided for the group lessons. Beginner tennis players are encouraged to use the Academy rackets. Each participant will become eligible to receive a free tennis racket after attending seven scheduled tennis lessons. This program is designed to teach basic shots, rules, strategies and sportsmanship and to prepare participants for singles, doubles and tournament play. Parents are asked to remain in the designated spectator area during lessons.

Tennis Program Schedule

Day	Time	Age	Lesson
Mon.	9-10 a.m.	7-18	Int/Adv League
Mon.	10-11 a.m.	7-18	Int/Adv League
Mon.	11-11:45 a.m.	7-18	Int/Adv League
Mon.	1-1:45 p.m.	7-18	Open Tennis Session
Mon.	2-2:45 p.m.	7-18	Open Tennis Session
Tues.	9-9:45 a.m.	7-18	Int/Adv League
Tues.	10-10:45 a.m.	7-18	Int/Adv League
Tues.	11-11:45 a.m.	7-18	Int/Adv League
Tues.	1-2 p.m.	7-18	Open Tennis Session
Tues.	2-3 p.m.	7-18	Open Tennis Session
Wed.	9-9:45 a.m.	A-H	Beginning Lesson
Wed.	10-10:45 a.m.	I-P	Beginning Lesson
Wed.	11-11:45 a.m.	Q-Z	Beginning Lesson
Wed.	1-1:45 p.m.	7-18	Int/Adv Lesson
Wed.	2-2:45 p.m.	7-18	Int/Adv Lesson
Thur.	9-9:45 a.m.	A-H	Beginning Lesson
Thur.	10-10:45 a.m.	I-P	Beginning Lesson
Thur.	11-11:45 a.m.	Q-Z	Beginning Lesson
Thur.	1-1:45 p.m.	7-18	Int/Adv Lesson
Thur.	2-2:45 p.m.	7-18	Int/Adv Lesson
Fri.	9-9:45 a.m.	7-18	Tournament Play
Fri.	10-10:45 a.m.	7-18	Tennis Rules Session
Fri.	11-11:45 a.m.	7-18	Open Tennis Session
Fri.	1-1:45 p.m.	7-18	Open Tennis Session
Fri.	2-2:45 p.m.	7-18	Open Tennis Session

Swimming



Group swim lessons will be held Monday through Thursday mornings and will be taught by certified Red Cross Learn-to-Swim instructors. Students who complete level 3 lessons will be eligible for the Competitive Swim Training Program where the emphasis will be on stroke improvement, endurance, starts and turns. Open Swims are scheduled every Friday morning from 9:30-11:30.

Swim Skills Evaluation

All swim lesson participants should attend a skills evaluation to be placed in the appropriate class level. After June 7, swim evaluations will be conducted during the Group Swim Lessons (see schedule).

Time	Tuesday June 5	Wednesday June 6	Thursday June 7
10-10:45 a.m.	Ages 7-18 Last Name A-D	Ages 7-18 Last Name I-L	Ages 7-18 Last Name Q-T
11-11:45 a.m.	Ages 7-18 Last Name E-H	Ages 7-18 Last Name M-P	Ages 7-18 Last Name U-Z

Course Descriptions

Level 1 / Water Exploration

Provides an orientation to the aquatic environment and is designed to create a sound foundation for aquatic and safety skills

Level 2 / Primary Skills

Expands on fundamental aquatic locomotion and safety skills.

Level 3 / Stroke Readiness

Increase swimming skill competency; practice safety and rescue skills.

Level 4 / Stroke Development

Develop confidence and competency in strokes and safety skills. Introduction of breaststroke and sidestroke.

Level 5 / Stroke Refinement

Continue refinement of front crawl, elementary backstroke, breaststroke and sidestroke. Introduce butterfly, surface dives, and springboard diving.

Open Swim Session

All registered Lifetime Sports Academy participants and their parents are invited to enjoy the McMillen Aquatic Center during the Academy's Open Swims every Friday morning from 9:30-11:30.



Competitive Swim Training Program

Students who complete Swim Lesson Level 3 are eligible for the Competitive Swim Training Program where emphasis is on stroke improvement, endurance, starts and turns. This program meets Monday-Friday, 11:50 a.m.-12:50 p.m. beginning June 11.

Junior Lifeguard Training

To participate in this Ellis & Associate Lifeguard Training program you must be 11-17 years of age and demonstrate the ability to:

- ♦ swim 50 yards
- ♦ tread water for 1 minute
- ♦ dive and retrieve an item from 10 feet of water

Participants will learn First Aid, CPR and water rescue techniques. The class also includes conditioning drills. Students successfully completing the program may be eligible for future training and employment with the Fort Wayne Parks and Recreation Aquatics program. This program will meet Monday-Thursday, 10:00-10:45 a.m., beginning June 11.

Group Swim Lesson Schedule

(Beginning June 11)

	Mon.	Tues.	Wed.	Thur.
<u>9:00-9:45 a.m.</u>				
Ages	7-18	7-18	7-18	7-18
Skill Levels	1, 2	1, 2	1, 2	1, 2
Last Name	A-F	N-R	A-F	N-R
<u>10:00-10:45 a.m.</u>				
Ages	7-18	7-18	7-18	7-18
Skill Levels	1, 2	1, 2	1, 2	1, 2
Last Name	G-M	S-Z	G-M	S-Z
<u>11:00-11:45 a.m.</u>				
Ages	7-18	7-18	7-18	7-18
Skill Levels	3, 4, 5	3, 4, 5	3, 4, 5	3, 4, 5
Last Name	A-L	M-Z	A-L	M-Z

Lifetime Sports Academy Summer 2018 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m.	Open Driving Range Int/Adv Tennis League (ages 7-18) Learn to Swim (ages 7-18, A-F)	Open Driving Range Int/Adv Tennis League (ages 7-18) Learn to Swim (ages 7-18, N-R)	Open Driving Range Beginning Tennis Lesson (A-H) Learn to Swim (ages 7-18, A-F)	Open Driving Range Beginning Tennis Lesson (A-H) Learn to Swim (ages 7-18, N-R)	Open Driving Range Tennis Tournament Play (ages 7-18)
10:00 a.m.	Golf Lesson (ages 7-18) Int/Adv Tennis League (ages 7-18) Learn to Swim (ages 7-18, G-M) Junior Lifeguard Training Birdie Club Testing	Int/Adv Tennis League (all ages) Golf Lesson (ages 7-18) Learn to Swim (ages 7-18, S-Z) Junior Lifeguard Training	Beginning Tennis Lesson (I-P) Learn to Swim (ages 7-18, G-M) Junior Lifeguard Training Golf League Play Open Driving Range	Beginning Tennis Lesson (I-P) Learn to Swim (ages 7-18, S-Z) Junior Lifeguard Training Golf Rules & Etiquette	Tennis Rules Session Par/Birdie/Eagle Club Tournament Play <u>9:30-11:30 a.m.</u> <u>Open Swim Session</u>
11:00 a.m.	Golf Lesson (ages 7-18) Int/Adv Tennis League (ages 7-18) Adv. Learn to Swim (Levels 3, 4, 5, A-L)	Golf Lesson (ages 7-18) Int/Adv Tennis League (ages 7-18) Adv. Learn to Swim (Levels 3, 4, 5, M-Z)	Open Driving Range Beginning Tennis Lesson (Q-Z) Adv. Learn to Swim (Levels 3, 4, 5, A-L)	Open Driving Range Beginning Tennis Lesson (Q-Z) Adv. Learn to Swim (Levels 3, 4, 5, M-Z)	Open Driving Range Open Tennis Open Swim (see above)
11:50 a.m.	Competitive Swim Training	Competitive Swim Training	Competitive Swim Training	Competitive Swim Training	Competitive Swim Training
12:15 p.m.	FWCS Free Lunch	FWCS Free Lunch	FWCS Free Lunch	FWCS Free Lunch	FWCS Free Lunch
1:00 p.m.	Open Tennis Session Golf Lesson (ages 7-18)	Golf Lesson (ages 7-18) Open Tennis	Open Driving Range Int/Adv Tennis Lesson (ages 7-18) Golf League Play	Open Driving Range Int/Adv Tennis Lessons (ages 7-18)	Par/Birdie/Eagle Club Tournament Play Open Driving Range Open Tennis
2:00 p.m.	Golf Lesson (ages 7-18) Bogie/Par/Birdie Club Golf Lesson Open Tennis Session	Golf Lesson (ages 7-18) Bogie/Par/Birdie Club Golf Lesson Open Tennis	Open Driving Range Int/Adv Tennis Lesson (ages 7-18)	Open Driving Range Int/Adv Tennis Lesson (ages 7-18)	Open Tennis

Look for our expanded League and Tournament play for the Par, Birdie and Eagle Clubs.

* Open Range/Golf Practice Sessions will have instruction.

The Lifetime Sports Academy will be closed on Wednesday, July 4.